

Ball Mastery Workouts

Workout #1

Toe Taps	200	Count Each Touch
Foundations	200	Count Each Touch
Foundations – Stop	100	Count on Right Foot Stop
Heel-to-Toe Rolls (Single Leg)	100	Each Leg, Count on Heel
Sole Rocks (Single Leg)	100	Each Leg, Count on Outside

Workout #2

Roll Overs	100	Count on Right Foot Roll Over
Squeezes	100	Count on Right Foot Squeeze
Foundations – Roll Overs	100	Count on Right Foot Roll Over
Foundations – Squeezes	100	Count on Right Foot Squeeze
Sole Rock – Roll Overs	100	Count on Right Foot Roll Over

Workout #3

Foundations – Outside Push	100	Count on Right Foot Outside Push
Foundations – Stop – Outside Push	100	Count on Right Foot Outside Push
Inside Outsides (Single Leg)	100	Each Leg, Count on Outside Touch
Pull Push with Inside of Foot (Single Leg)	100	Each Leg, Count on Pull
Pull Push with Outside of Foot (Single Leg)	100	Each Leg, Count on Pull

Workout #4

Inside Outsides (Both Legs)	100	Count on Right Foot Outside Touch
V Pull Push with Inside of Foot	100	Count on Right Foot Pull
V Pull Push with Outside of Foot	100	Count on Right Foot Pull
No Touch Step Overs	100	Count on Right Foot Step Over
No Touch Scissors	100	Count on Right Foot Scissors

Workout #5

Outside Push – Step Overs	100	Count on Right Foot Outside Push
Outside Push – Scissors	100	Count on Right Foot Outside Push
Outside Push – Stop – Step Overs	100	Count on Right Foot Stop
Outside Push – Stop – Scissors	100	Count on Right Foot Stop
Brazilian Toe Taps	200	Count Each Touch